



North Carolina Essential Standards Health Education- Grades 3 – 5

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
3.MEH.1	Understand positive stress management strategies	3.MEH.1.1	Explain how self-control is a valuable tool in avoiding health risks
		3.MEH.1.2	Classify stress as preventable or manageable
3.MEH.2	Understand the relationship between healthy expression of emotions, mental health, and healthy behavior	3.MEH.2.1	Identify common sources for feelings of grief or loss.
		3.MEH.2.2	Summarize how to seek resources for assistance with feelings of grief or loss

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
3.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	3.PCH.1.1	Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health
		3.PCH.1.2	Classify behaviors in terms of whether they do or do not contribute to healthy living
3.PCH.2	Apply measures for cleanliness and disease prevention.	3.PCH.2.1	Recognize plaque and lack of dental hygiene result in gum disease and cavities.
		3.PCH.2.2	Implement proper flossing to prevent tooth decay and gum disease
3.PCH.3	Understand necessary steps to prevent and respond to unintentional injury.	3.PCH.3.1	Use methods for prevention of common unintentional injuries.
		3.PCH.3.2	Summarize methods that increase and reduce injuries in and around water.
		3.PCH.3.3	Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.
		3.PCH.3.4	Implement a plan to escape fire at home while avoiding smoke inhalation.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
3.ICR.1	Understand healthy and effective interpersonal communication and relationships.	3.ICR.1.1	Summarize qualities and benefits of a healthy relationship.
		3.ICR.1.2	Plan how to show compassion for all living things and respect for other people's property
		3.ICR.1.3	Illustrate how to seek help from an adult if a weapon is found or a threat is communicated
		3.ICR.1.4	Illustrate how to effectively and respectfully express opinions that differ
		3.ICR.1.5	Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
3.NPA.1	Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	3.NPA.1.1	Use MyPlate to eat a nutritious breakfast each morning
		3.NPA.1.2	Check the Food Facts Label to determine foods that are low in sugar and high in calcium
		3.NPA.1.3	Plan activities for fitness and recreation during out of school hours
3.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	3.NPA.2.1	Identify the sources of a variety of foods
		3.NPA.2.2	Categorize beverages that are more nutrient dense
		3.NPA.2.3	Recognize appropriate portion sizes of foods for most Americans

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
3.ATOD.1	Understand how to use household products and medicines safely.	3.ATOD.1.1	Identify examples of medications that help individuals with common health problems.
		3.ATOD.1.2	Recall rules for taking medicine at school and at home.
3.ATOD.2	Apply strategies involving risk-reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.	3.ATOD.2.1	Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.
		3.ATOD.2.2	Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
4.MEH.1	Apply positive stress management strategies	4.MEH.1.1	Summarize effective coping strategies to manage eustress and distress
		4.MEH.1.2	Implement healthy strategies for handling stress, including asking for assistance.
4.MEH.2	Understand the relationship between healthy expression of emotions, mental health, and	4.MEH.2.1	Identify unique personal characteristics that contribute to positive mental health

	Essential Standard	Clarifying Objectives	
	healthy behavior		
		4.MEH.2.2	Explain how effective problem solving aids in making healthy choices

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
4.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	4.PCH.1.1	Explain how to prevent or control common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy
		4.PCH.1.2	Recognize methods that prevent the spread of germs that cause communicable diseases
4.PCH.2	Understand body systems and organs, functions, and their care.	4.PCH.2.1	Identify the basic components and functions of the respiratory system
		4.PCH.2.2	Summarize habits to care for the skin
4.PCH.3	Analyze health information and products.	4.PCH.3.1	Outline the functions of various health products
		4.PCH.3.2	Analyze advertisements of health products and services in terms of claims made and the validity of those claims.
4.PCH.4	Understand necessary steps to prevent and respond to	4.PCH.4.1	Explain why it is safe to be a friend of someone who has a disease or health condition (cancer, HIV, asthma, or epilepsy)

	Essential Standard	Clarifying Objectives	
	unintentional injury.		
		4.PCH.4.2	Identify personal protection equipment needed for sports or recreational activities
		4.PCH.4.3	Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver)

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
4.ICR.1	Understand healthy and effective interpersonal communication and relationships.	4.ICR.1.1	Explain the importance of showing respect for self and respect and empathy for others.
		4.ICR.1.2	Exemplify empathy toward those affected by disease and disability
		4.ICR.1.3	Interpret facial expressions and posture to emotions and empathy
		4.ICR.1.4	Recognize situations that might lead to violence
		4.ICR.1.5	Exemplify how to seek assistance for bullying
		4.ICR.1.6	Contrast healthy and unhealthy relationships.

	Essential Standard	Clarifying Objectives	
4.ICR.2	Understand the changes that occur during puberty and adolescence.	4.ICR.2.1	Summarize physical and emotional changes during puberty.
		4.ICR.2.2	Recognize that individuals experience puberty at different rates (early, average, late)

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
4.NPA.1	Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	4.NPA.1.1	Plan meals using MyPlate
		4.NPA.1.2	Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation
		4.NPA.1.3	Use the Food Facts Label to plan meals and avoid food allergies
4.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	4.NPA.2.1	Compare unhealthy and healthy eating patterns, including eating in moderation
		4.NPA.2.2	Explain the effects of eating healthy and unhealthy breakfasts and lunches.
4.NPA.3	Understand the benefits of nutrition and fitness to disease	4.NPA.3.1	Explain how nutrition and fitness affect cardiovascular health.

	Essential Standard	Clarifying Objectives	
	prevention.		
		4.NPA.3.2	Summarize the association between caloric intake and expenditure to prevent obesity.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
4.ATOD.1	Understand health risks associated with the use of tobacco products.	4.ATOD.1.1	Summarize short-term and long-term effects of cigarettes and smokeless tobacco products.
		4.ATOD.1.2	Explain why tobacco is an addictive product.
4.ATOD.2	Understand why people use tobacco products.	4.ATOD.2.1	Identify possible internal and external influences on tobacco use.
		4.ATOD.2.2	Explain why people are influenced by various marketing strategies employed by tobacco companies.
4.ATOD.3	Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	4.ATOD.3.1	Use refusal skills to resist the pressure to experiment with tobacco.
		4.ATOD.3.2	Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
5.MEH.1	Apply positive stress management strategies	5.MEH.1.1	Implement positive stress management strategies
		5.MEH.1.2	Evaluate the effectiveness of stress management strategies.
5.MEH.2	Understand help-seeking strategies for depression and mental disorders	5.MEH.2.1	Interpret feelings of depression and sadness as normal responses to loss.
		5.MEH.2.2	Summarize how to seek assistance from reliable resources for depression and sadness

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
5.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	5.PCH.1.1	Explain the influence of personal values on health behaviors
		5.PCH.1.2	Design a personal action plan for sufficient rest and sleep
5.PCH.2	Analyze health products and sources of health information.	5.PCH.2.1	Recognize dependable resources for health information
		5.PCH.2.2	Differentiate between safe and unsafe products

	Essential Standard	Clarifying Objectives	
5.PCH.3	Apply measures for cleanliness and disease prevention.	5.PCH.3.1	Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention
		5.PCH.3.2	Carry out activities that avoid harmful effects of the sun
5.PCH.4	Understand body systems and organs, functions, and their care.	5.PCH.4.2	Summarize the functions of the organs which make up the digestive system
		5.PCH.4.3	Interpret the relationship between and among the vessels and organs of the circulatory system.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
5.ICR.1	Understand healthy and effective interpersonal communication and relationships.	5.ICR.1.1	Illustrate the dangers of communicating with unknown individuals.
		5.ICR.1.2	Summarize things you can do to seek assistance when encountering a stranger.
		5.ICR.1.3	Explain the impact of stereotyping and discrimination on other people's self-respect and feelings.
		5.ICR.1.4	Summarize how to solve problems and resolve conflict without avoidance or violence

	Essential Standard	Clarifying Objectives	
5.ICR.2	Analyze the changes and influences that occur during puberty and adolescence.	5.ICR.2.1	Recall that <u>puberty</u> is characterized by the development of secondary sex characteristics and onset of reproductive capacity.
		5.ICR.2.2	Differentiate between accurate and inaccurate sources of information about puberty and development.
		5.ICR.2.3	Summarize the functions of the male and female reproductive systems.
		5.ICR.2.4	Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.
		5.ICR.2.5	Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
5.NPA.1	Apply tools (MyPlate) to plan healthy nutrition and fitness.	5.NPA.1.1	Use MyPlate to make healthy choices of foods and beverages

	Essential Standard	Clarifying Objectives	
		5.NPA.1.2	Use recommendations in MyPlate to increase physical activity.
5.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	5.NPA.2.1	Summarize the influences of family, culture, and the media on food choices
		5.NPA.2.2	Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
5.NPA.3	Understand the benefits of nutrition and fitness to disease prevention.	5.NPA.3.1	Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods
		5.NPA.3.2	Explain the benefits of regular physical activity on physical, mental, emotional, and social health.
		5.NPA.3.3	Summarize normal weight gain and body changes during puberty

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
5.ATOD.1	Understand health risks associated with use of alcohol.	5.ATOD.1.1	Explain the short-term and long-term effects of alcohol abuse.
		5.ATOD.1.2	Explain the effects of alcohol abuse on others.
5.ATOD.2	Understand why people use alcohol.	5.ATOD.2.1	Explain possible internal and external influences to use alcohol.

	Essential Standard	Clarifying Objectives	
		5.ATOD.2.2	Evaluate the effect of advertising strategies of alcohol companies on people's use of alcohol.
5.ATOD.3	Apply risk reduction behaviors to protect self and others from alcohol use.	5.ATOD.3.1	Use refusal skills to resist the pressure to experiment alcohol and other drug use.
		5.ATOD.3.2	Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.